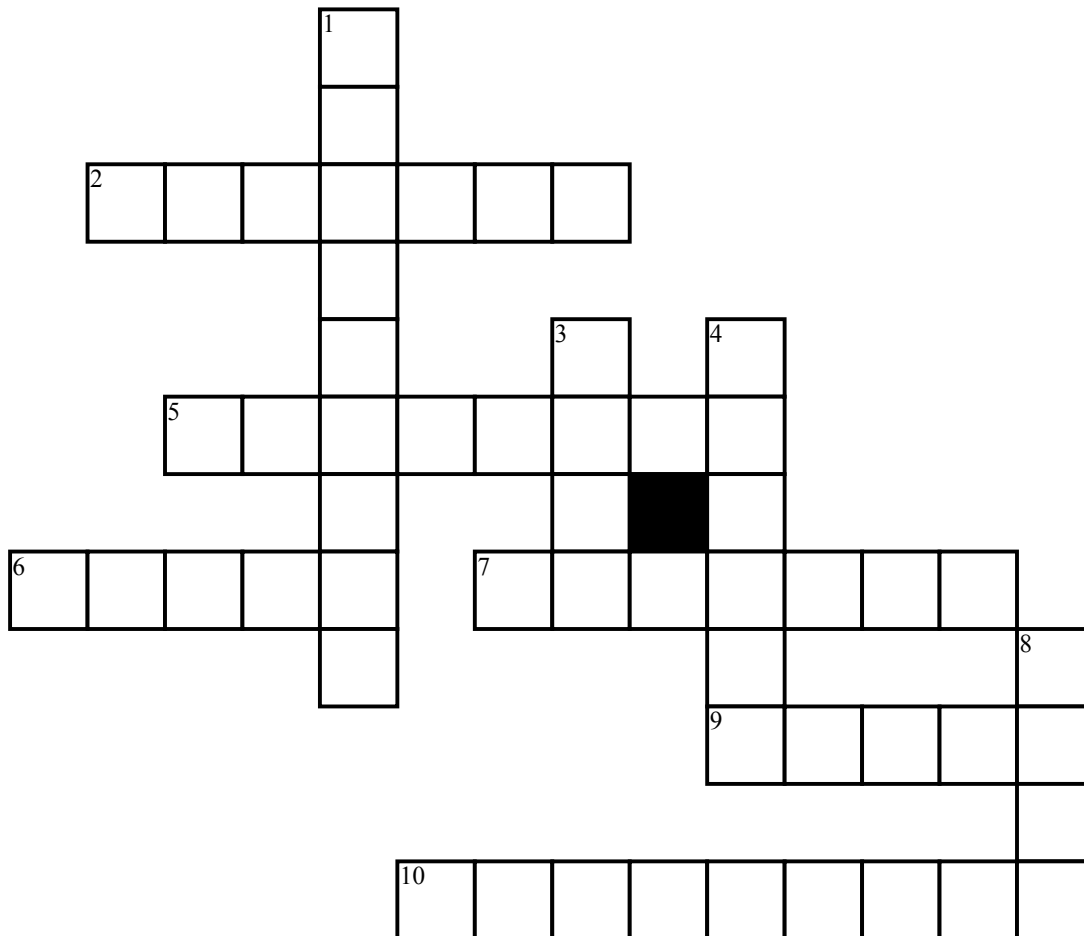


Health and Nutrition



Across

2. Eggs, fish, and milk are all sources of _____.
5. How do you keep your body active?
6. Which food group do apples belong to?
7. Dieting is eating foods to stay _____.
9. Which nutrient helps break down food for energy?

10. Which food group is most important to your health?

Down

1. What are compounds that the body can't make?
3. How many food groups are there?
4. What color is the fats and oils group in the food pyramid?
8. Vitamins are found in most foods. True or False?